WHAT IS CLAIMED IS:

1. A method of generating a transmit upconversion frequency in a wireless communication system comprising:

receiving a modulated carrier;

deriving a signal frequency from the rate at which data is being received over said modulated carrier;

locking an oscillator output frequency to said signal frequency; and using said oscillator output frequency to generate said transmit upconversion frequency.

- 2. The method of Claim 1, wherein said modulated carrier is modulated at a defined symbol frequency from which said signal frequency is derived.
- 3. The method of Claim 2, wherein said symbol frequency comprises bits encoded as defined phase states, frequency states, amplitude states, or combinations thereof, of the signal frequency.
 - 4. The method of Claim 1, further comprising:

downconverting said modulated carrier to produce an intermediate frequency signal; and

demodulating said intermediate frequency signal to produce a baseband signal.

- 5. The method of Claim 4, wherein said downconverting to an intermediate frequency signal is performed using a free-running oscillator
- 6. The method of Claim 1, wherein said locking comprises controlling an input voltage to a voltage-controlled-oscillator with a phase or frequency locked loop.
- 7. The method of Claim 1, wherein said modulated carrier is received from a satellite.
- 8. A method of generating a transmit upconversion frequency in a wireless communication system comprising:

receiving a modulated carrier;

downconverting said modulated carrier to produce an intermediate frequency signal;

demodulating said intermediate frequency signal to produce a baseband signal;

deriving from said baseband signal a signal frequency from the rate at which data is being received over said modulated carrier;

locking an oscillator output frequency to said signal frequency; and using said oscillator output frequency to generate said transmit upconversion frequency.

9. In a wireless communication apparatus comprising a transmitter and a receiver, a method of generating a transmit upconversion frequency for use by said transmitter, comprising:

extracting a signal frequency related to the symbol frequency or bit rate of received data from a signal received by said receiver;

generating a variable frequency reference signal;

locking said variable frequency reference signal to said signal frequency; and generating a transmit upconversion signal from said variable frequency reference signal.

- 10. The method of Claim 9, wherein said symbol frequency comprises bits encoded as defined phase states, frequency states, amplitude states, or combinations thereof, of the signal frequency.
- 11. In a wireless communication apparatus comprising a transmitter and a receiver, a method of generating a transmission up-conversion frequency, comprising:

extracting a signal frequency from a signal received by said receiver, wherein said signal frequency is related to the rate at which data is being received; and

deriving a transmit upconversion frequency from said signal frequency for use by said transmitter.

- 12. The method of Claim 11, wherein said signal frequency corresponds to a symbol frequency.
- 13. The method of Claim 12, wherein said symbol frequency comprises bits encoded as defined phase states, frequency states, amplitude states, or combinations thereof, of the signal frequency.